



Rovin Clover

ISSUE 2

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Making a Difference

The 4-Hers of Louisiana are known for their hard work and dedication. They are some of the most determined kids and teenagers you will ever meet. Each and every 4-H member is devoted to making a difference in our beautiful state. If each of our 64 parishes has their own service-learning project each year, it would mean that over 64 times a year the youth of our state are changing Louisiana for the better. This

issue of our Rovin Clover is dedicated to those hard working 4-H members who now have the opportunity to share with us what they are doing this year to make the best state, better. Only a few regions will be represented in this issue and the remaining regions will be represented in the next issue. In this issue is also a special bonus from our other 4-H boards - Fashion, Food & Fitness, and Technology Board updates.

This is OUR newsletter and I hope you enjoy it. If you have any comments, questions, or suggestions email me at: t_ray@bellsouth.net
By: Taylor Chargois

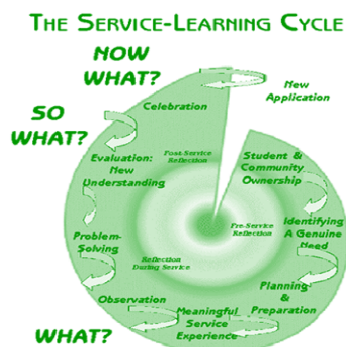
Statewide Service Learning

As many of you know, the Louisiana 4-H Program periodically selects a service-learning project to promote and sponsor on a statewide level. This is a great opportunity, as it unites members across the state with a common cause and continues the longstanding clover tradition of pledging our hands to larger service. The most recent project was Containing Disaster, and participants worked together to support and provide aid for families affected by storms, house fires, and other unexpected tragedies. As we reached another 4-H year, the executive board came together to close this

theme and decide on a new project which could be materialized through the efforts of our entire organization. The theme of 100 Hours of Service was selected to commemorate the 100th year anniversary of Louisiana 4-H. Members will be invited to participate in 100 documented hours of community service work. The new project will get a kick-start with Centennial Celebrations across the state and will be celebrated on a specific night of 4-H University. The event will include a light show, 4-H mascot, and a massive thermometer marking our level of commitment to the

project shown through our hours of work. Details will follow soon, and the beginning of this service-learning project is much anticipated. Ask your local agents to keep you up to date on the latest developments.

By: Claire Galley



Tech Board Update

The Tech Board has been busy working on our newsletter, the Tech Talk, and we have already published the first newsletter on the LSU Ag Center's website. The second newsletter should be coming out soon. They held their annual winter meeting

the fourth and fifth of January. At the meeting they discussed different ideas for the Tech Board and ideas for improving the Tech Talk newsletter. The winter meeting was an essential time for the members of the Tech Board to get together and discuss ideas

face-to-face. Technology is the Tech Board's expertise and as such it will continue to try and find new ideas and projects to take on to improve Louisiana 4-H.
By: Nathaniel Jennings

Food and Fitness Board Update

The 4-H Fitness Board is excited about their annual State Food and Fitness Camp, which will be at Camp Grant Walker February 23-24. The theme this year is "Birthday Bash of the Century"—Celebrating 100 Years of 4-H in Louisiana." Plans are currently underway for the various workshops, activities, and fun at camp. 4-H members in grades 4-7 are invited to attend. Workshops include interactive food lessons,

where you prepare a snack or meal from each of the food guide pyramid groups. In addition, fitness workshops, carnival (birthday) games, and door prizes will be part of this year's camp. The night program will include many activities including ballroom dancing lessons! We hope that you will encourage youth from your parish to attend!

In addition to planning for camp, the Food and Fitness

board has adopted Cancer as their community service-learning project. Members of the board will write letters to and collect items for cancer patients. Campers will also be encouraged to take part in these community service activities. The State Food and Fitness Board anticipates a wonderful year and we hope that you will be a part of all the fun! Remember to eat healthy and stay active!

Central Service-Learning

The Central Region parishes have many service-learning projects going on. They are also taking part in other community sponsored activities.

In Avoyelles Parish, 4-Hers have focused on health and fitness. They recently hosted a 5K "Turkey Trot" run in November to go along with their focus. They also plan to host another similar "Rabbit Run" during Easter. While doing this, they chart the progression of participants. This will allow them to recognize improvement in weight of participants.

In Rapides Parish, 4-H members have an Agricultural

Awareness program where they sponsor educational stations at the parish fair teaching agricultural lessons on topics such as forestry, soybeans, other crops and animals. In addition, healthy lifestyles is another Rapides 4-H service-learning focus. 4-H members are studying hunger, volunteering at the Central Louisiana Food Bank, Manna House Soup Kitchen, and collecting rice and beans for the Salvation Army. Other projects include baking cookies for Red Cross to distribute to the veteran's hospital, aluminum pull tab collection to support Ronald McDonald House, a cancer campaign to

support the Susan Komen Breast Cancer Research Center, donating books to the Huey P. Long Hospital, and SOS - a project to collect and distribute school supplies to the needy.

In Vernon Parish, 4-Hers are also focusing on health. They will be raising funds to support the Cystic Fibrosis Foundation. 4-H members are also planning the annual Cystic Fibrosis Skate-a-Long held on President's Day. The Vernon Teen Leader Club is also continuing their support of Ronald McDonald House collecting coke tabs and collected "Toys for Tots" at their December social.

Southeast Region Service-Learning

The Southeast Region has been doing a lot of service-learning projects such as going to the hospitals, helping kids read, and Habitat for Humanity.

East Baton Rouge's service-learning projects consist of going to the Children's Hospital in December to donate gifts and to help wrap them. Some of the schools decide to do ongoing projects such as send Christmas cards to military, and collect food items for the hungry. They learn from the project during a time dedicated to reflection.

East Feliciana's service-learning

project is 'Health and Safety' which consists of visiting local nursing homes. In October, six kids went and helped Habitat for Humanity. East Feliciana also wants to help out to do fire alarm safety demonstrations.

Iberville parish has an after school program to help improve children's writing and reading skills.

Pointe Coupe is helping the Muscular Dystrophy Association. They are raising money for research and in February will spend time with MD patients. Pointe Coupe 4-H members also go to the nursing home and play

BINGO.

West Feliciana is adopting a family for Christmas and giving them a meal, clothes, and some furniture. They are also making stockings stuffed with teddy bears, color books, pencils, etc. to bring to Our Lady of the Lake Children's Hospital. In February we are having a fashion show to raise money for the children's hospital. The South East parishes are hoping to get together soon to have a regional meeting to discuss ideas to help even more in our region.

By: Chrystal Lachney

Southwest Region Service-Learning

In August, the Jr. Leader Club officers of Vermilion, Calcasieu, and Jeff Davis parishes met to formulate a theme for this year's service-learning project. The theme they decided upon was: "4-H Celebrates Life." Each parish then decided on specific activities related to that theme.

The Vermilion Parish Jr. Leader Club decided to focus on Meningitis awareness. This cause was very close to them because Jane Menard, a former Jr. Leader member died from meningitis. In addition, many Jr. Leaders knew other teenagers that had become ill from the disease. Some of the activities which the Vermilion Parish Jr. Leader members have conducted include hosting guest speakers (Jane Menard's mother and Dr. Tina Stefanoski), developing a traveling meningitis exhibit displayed at all 4-H events, a balloon launch with meningitis awareness tags, meningitis awareness tags inserted in the annual poboy sale

with the Meningitis Angels website so that people could learn more about meningitis, and a "Showcase of Talent" talent show held, with the proceeds going toward the Meningitis Angels Association and the Jane Menard Scholarship fund. Other activities are planned throughout the year with the highlight of the year being a trip to Atlanta, GA to visit the Center for Disease Control in March to learn more about the on-going research efforts.

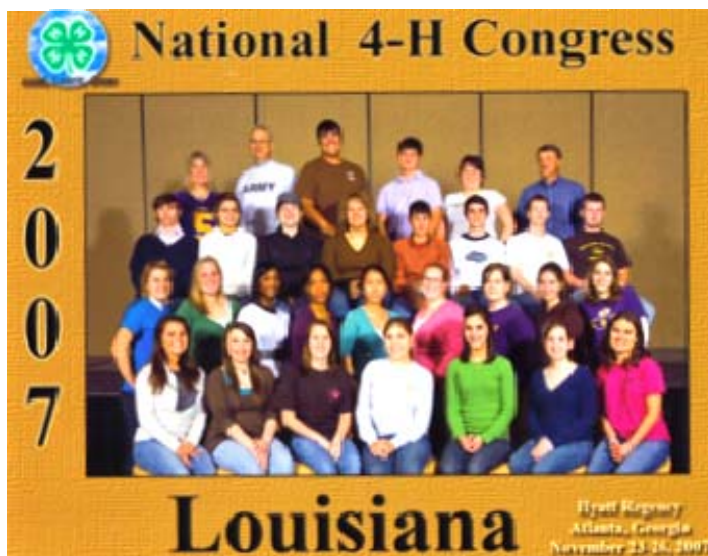
Calcasieu Parish Jr. leaders voted to focus on the issue of elderly abandonment by adopting two 'grandparents' at a local nursing home. They have celebrated Holidays and visited their "grandparents" many times. They also have decorated the social areas in the nursing home with festive or seasonal decorations, hosted guest speakers to help them learn about the needs for the elderly and met to play BINGO with nursing home residents. Calcasieu 4-H

members all agree, their service-learning project this year has been a huge success and are enjoying every minute seeing the happiness on their adopted grandparents faces. It is hoped that all of these activities will exemplify the true meaning that "4-H Celebrates Life."

Jeff Davis Jr. Leaders are focusing on improving the quality of life of those around them. They are visiting the Southwest Louisiana Veterans' Home to play Bingo, provide prizes, and have made and given Christmas gifts to residents. At their recent meeting they learned about Muscular Dystrophy and are starting their parish campaign for MDA with their shamrock drive to raise money to send youth to MDA camp.

By: Austin Mouton

National 4-H Congress...



Over the Thanksgiving break, several Louisiana 4-H award winners attended the National 4-H Congress in Atlanta, Georgia. The theme was, "Accept the Challenge," and each day was a different challenge such as to come together, to be aware/learn/know, to care, to share, and to dare. These four amazing days were filled with workshops, evening cultural activities, dances, and assemblies featuring phenomenal guest speakers. National 4-H Congress was by far the best 4-H trip I have ever had the privilege of experiencing. Not only did we have the opportunity to connect with 4-H members from all around the country, but we spent some time doing a community service project in the Atlanta area. Congress participants were sent to local

schools to help with a unique reading and math program, while others were sent to care centers to help provide service in preparation of the season. I was placed in a first grade classroom where the kids learned from television programs, had reading partners, could sound out difficult words, and knew what homophones were. Service is a huge part of 4-H, and I enjoyed reaching out to people in another area besides Louisiana. If there is one valuable thing I learned at Congress, it was that the world is a much smaller place than you think, and one person really can make a difference.

The pin exchange connected me with people from all over the country. On Saturday night, we enjoyed meals from all over the

world for "International Dinner and Dance night."

Fantastic speakers such as Dan Thurmon, John Paul Murphy, Ms. America Lauren Nelson, and Dr. Rick Rigsby spoke during assemblies.

Congress also provided us with opportunities to learn new skills with the unique workshops. I attended a Team Building session where we played "Paper, rock, scissors, Softball," Black Magic, and "Notice Something Different." I even learned Pilates at one workshop, and how to do the salsa in "Shall We Dance," a ballroom dancing session. Those are just two of the things I have most wanted to learn how to do in my life.

If given the opportunity to attend national 4-H congress, you should go. That means you should work extra hard to win a 4-H University contest which has this trip as an award, or win a State Record Book Contest. I promise you will not regret it. In the end, your hard work in 4-H really does pay off. National 4-H Congress is my favorite 4-H memory, and I encourage everyone to try to earn a chance to go on this trip!

By: Eve Franchebois

Want Your Name in the Rovin Clover?

WE WANT TO HEAR FROM YOU! If you have participated in a 4-H Activity, have helped organize a new activity in your parish, or would like to share a 4-H

experience with the rest of Louisiana's 4-H Members, write an article about it and e-mail your article to me, Taylor Chargois, at the following e-mail address:

t_roye@bellsouth.net. I can't wait to hear from all of you and help share your amazing stories in our newsletter.